

A man with dark hair and glasses is sitting at a desk, looking at a computer monitor. He has his hand on his forehead, suggesting stress or frustration. The background is bright and out of focus.

How To Better Manage Stress

The Program

Welcome
Definitions
Myths We Live By
Facts of Life
Sources of Stress
Survey Says ...

Diversion and Distraction
Changing Thoughts
and Attitudes
Changing Lifestyle
Changing the Situation
Closing

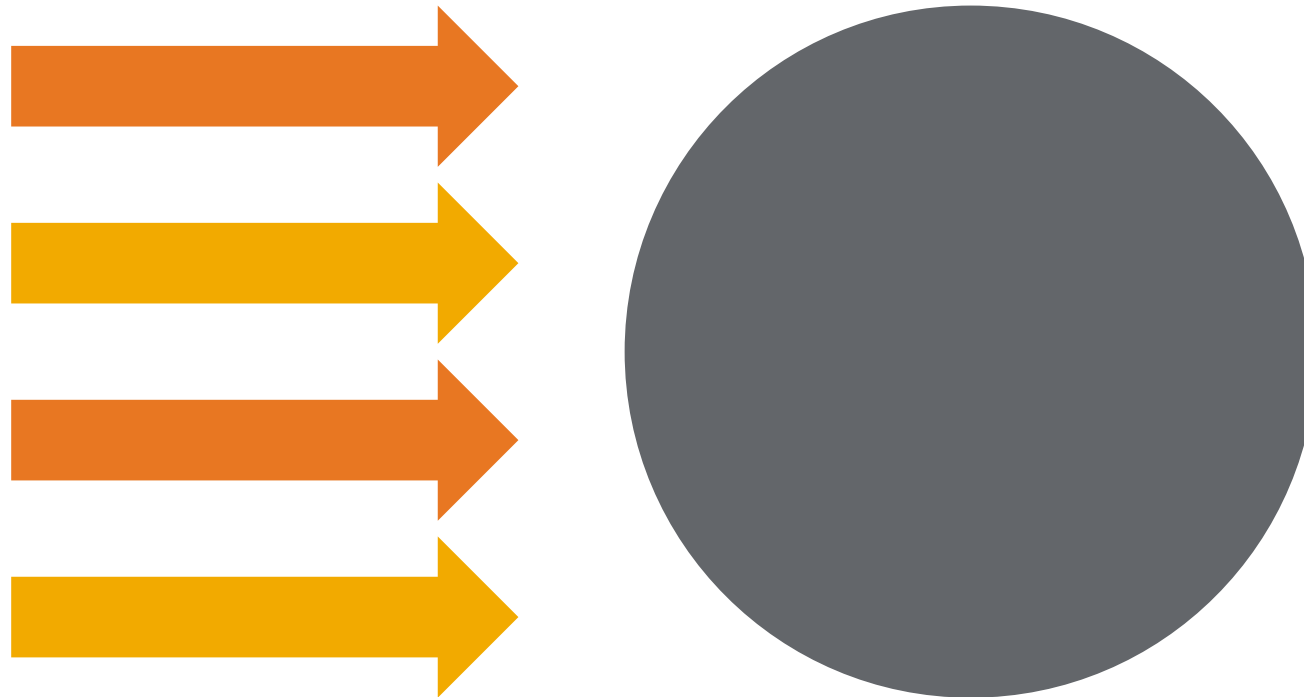


Learning Points

- Assess their current state of balance and stress.
- Explore ways to better balance the conflicting demands of their lives.
- Identify resources that can be used to meet needs.
- Examine personal values and choices.
- Learn skills for managing multiple demands.

Definitions

A **stressor** is an outside stimulus (something we may or may not have control over).
Stress is how we respond to that stimulus.



Myths We Live By

I must never fail.

I must never get angry.

I must never look foolish.

I must always play it safe.

I must work hard at all times.

I must never make a mistake.



Accept Certain Realities

Life is unfair.

Rush hour traffic is slow.

We can't have everything.

We can't please everyone.

Things won't always go our way.

Some people will never understand.



Sources



Stress ...

- is natural.
- can be managed and used for growth.
- can threaten our health if unmanaged.
- is the physiological opposite of relaxation.
- comes from positive and negative stressors.
- affects us physically, emotionally and mentally.



Diversion and Distraction

Autogenic training.

Deep breathing.

Imagery or visualization.

Music, massage, journal, laughter.

Progressive muscular relaxation.



Changing Thoughts and Attitudes

Change internal dialogue.

Develop stress-busting thoughts.

Express gratitude.

Give yourself positive reinforcement.

Separate worries from concerns.



Changing Lifestyle

Create regular rituals.

Develop support systems.

Do something for the
“kid” in you.

Eliminate daily minor
irritations.

Make a relaxation
technique a new habit.



Changing the Situation

Moderate Change

Eliminate, minimize, react differently.

Eliminate “shoulds.”

Prioritize.

Reduce importance of event.

Say “no.”

Complete Change

Change careers. Become a stay-at-home parent.

Create a change plan.

Move.

Return to school.

Separate/divorce.

Employee Assistance Program (EAP)

- Free counselling and support for all employees and eligible family members.
- Easily accessible, voluntary and confidential in accordance with the law.
- A service that can provide support for personal or work-related issues.
- Staffed by experienced professionals.



About Professional Support

You may consider seeking professional support if you experience any of the following:

- Sleep problems.
- Performance issues at work.
- Relationship difficulties with family or friends.
- Loss of interest in hobbies you normally enjoy.
- Lack of care about normal everyday work tasks.
- Excessive anxiety or worrying more than normal.
- Feeling overwhelmed or sad for more than two weeks.
- A noticeable change in appetite, eating too little or too much.
- Behavior and coping methods have become harmful to yourself or others, whether that is through aggressive behavior or unhealthy habits, such as alcohol or drug misuse.
- Thoughts of harm to self and/or others.

Keep in mind some of these conditions may warrant more urgent professional help and you should seek support if you are unsure.

Thanks for attending today's presentation.

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